



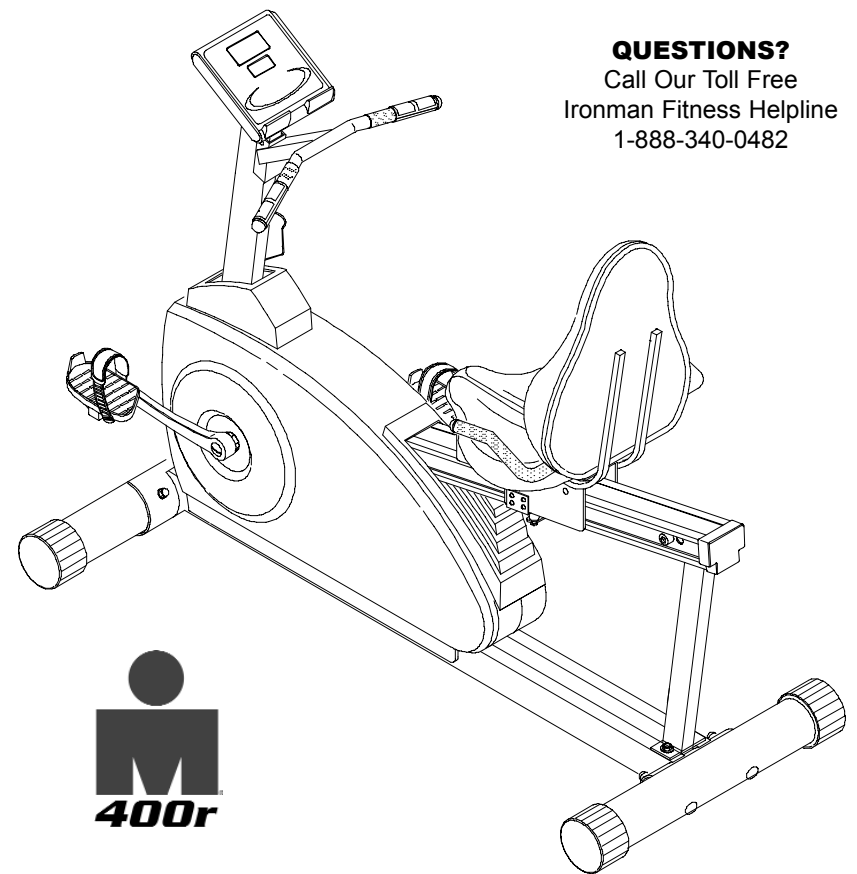
Ironman Fitness
4009 Distribution Dr.
Suite 250
Garland, Texas 75041
ironmanfitness.com

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OWNER'S MANUAL

QUESTIONS?
Call Our Toll Free
Ironman Fitness Helpline
1-888-340-0482



315-00036
07/05 Rev B

CAUTION!
Please read the precautions and instructions in this manual before
using this equipment. Please save this manual for future reference.



**IRONMAN FITNESS is committed to quality products
that demonstrate our commitment to excellence!**

**IRONMAN RECUMBENT BIKE
Model: 400R**

Questions?

Please call if:

- you need assistance about operating your exercise bike
- parts are missing
- parts become worn or need to be replaced

**1-888-340-0482
Monday-Friday
8:30am-5:30pm Central Time**

Please have the following information available:

- Name
- Model
- Part Number
- Description
- Serial Number

Before You Start

Thank you for purchasing an IRONMAN exercise bicycle! This quality product you have chosen was designed to meet your needs for cardiovascular exercise.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

**Important Safety Information
WARNING!**

- 1) Before using this exercise bicycle or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. IRONMAN FITNESS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
- 2) To reduce the risk of electrical shock, burns, fire or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

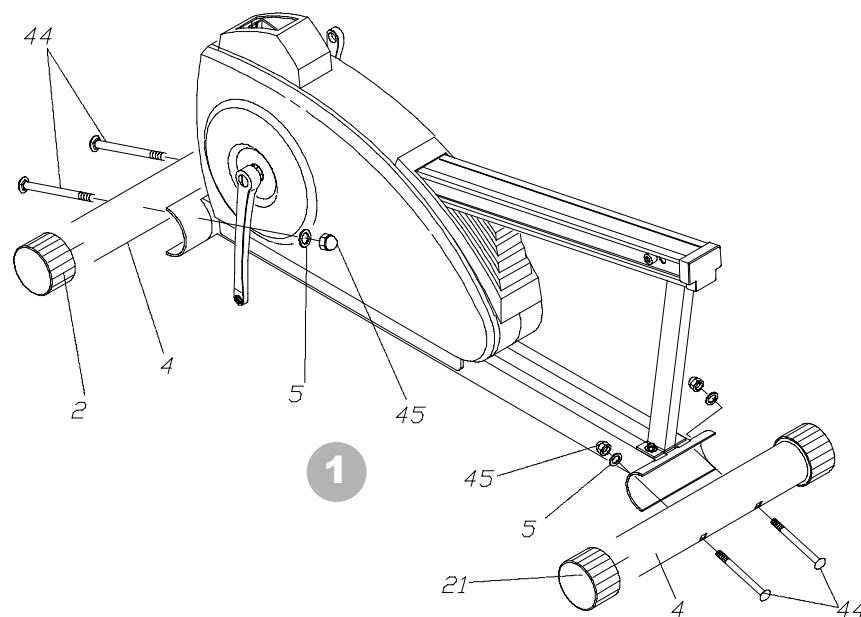
Safety Precautions and Tips

It is the owner's responsibility to ensure that all users of this exercise bike have read the Owner's Manual and are familiar with warnings and safety precautions.

- This exercise bike has a maximum user capacity of 300 pounds.
- The IRONMAN Bike should only be used on a level surface and is intended for indoor use only. It should not be placed in a garage, patio or near water. IRONMAN recommends an equipment mat be placed under the bicycle to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this exercise bike with bare feet, sandals, socks or stockings!
- Always examine your exercise bike before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the exercise bicycle.
- Never operate the exercise bicycle where oxygen is being administered or where aerosol products are being used.
- Never insert any object or body parts into any opening.
- Service to your IRONMAN Exercise Bike should only be performed by an authorized service representative, unless authorized and/or instructed by an IRONMAN technician. Failure to follow these instructions will void the warranty.

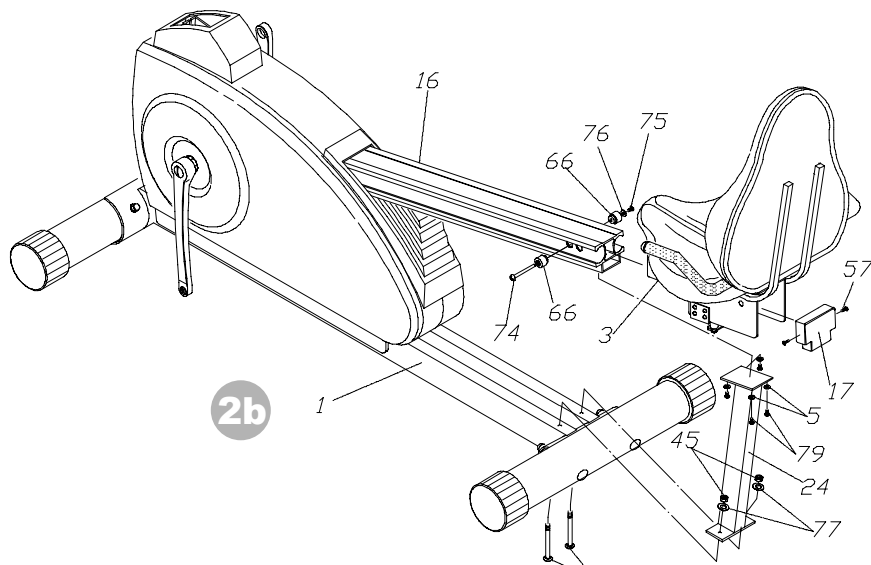
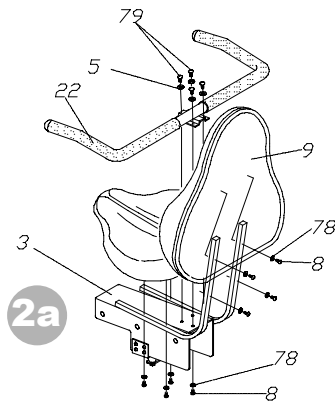
Assembly of IRONMAN 400R Recumbent Bike

REMOVE ALL SECURITY TAPE AND WRAPPING BEFORE BEGINNING

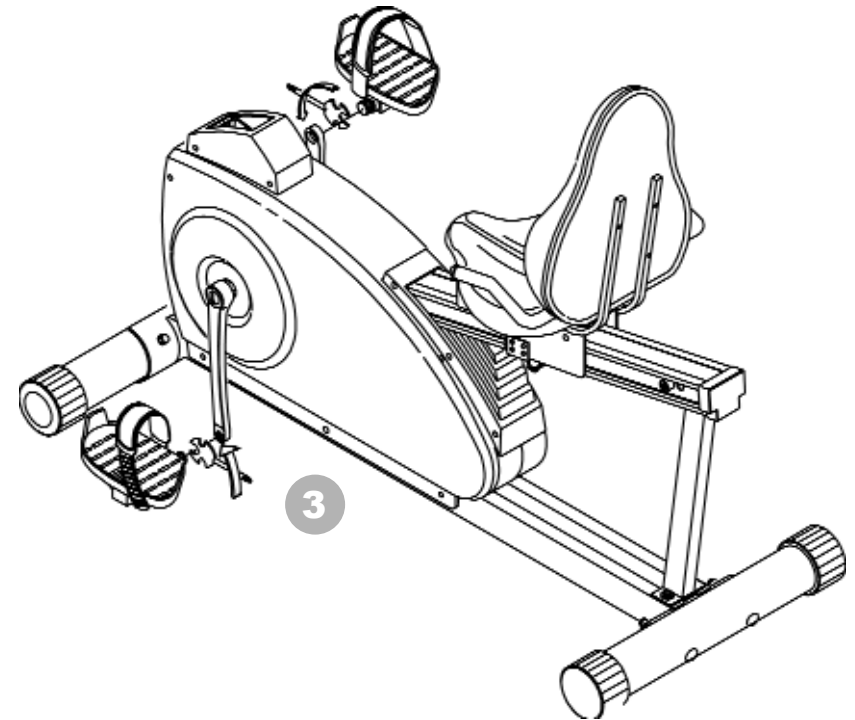


- 1.** Attach foot tubes (4) to the frame by using the carriage bolts (44), flat washers (50) and cap nuts (45) provided. Make sure the foot tube with wheels is assembled onto the front of the unit.

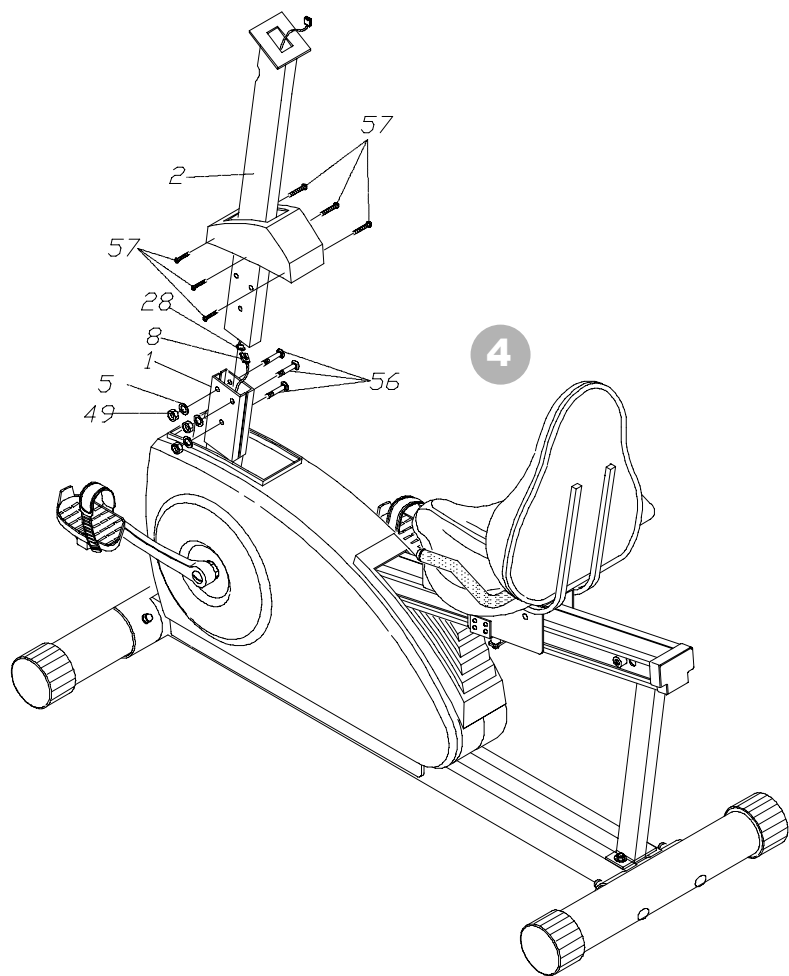
2a. Attach the rear handlebar (22) to the seat carriage (3) with the flat washers (50) and screws (79) provided. Connect the seat cushions (9,10) to the seat carriage (3) with the washers (78) and screws (80).



2b. First remove the support tube (24) from the main frame (1). Slide the assembled seat carriage onto the carriage tube (16). Re-assemble the support tube (24). Attach the end cap (17) with screws (57) and rear carriage tube rubber stoppers (66) with bolts (74, 75) and washer (76).

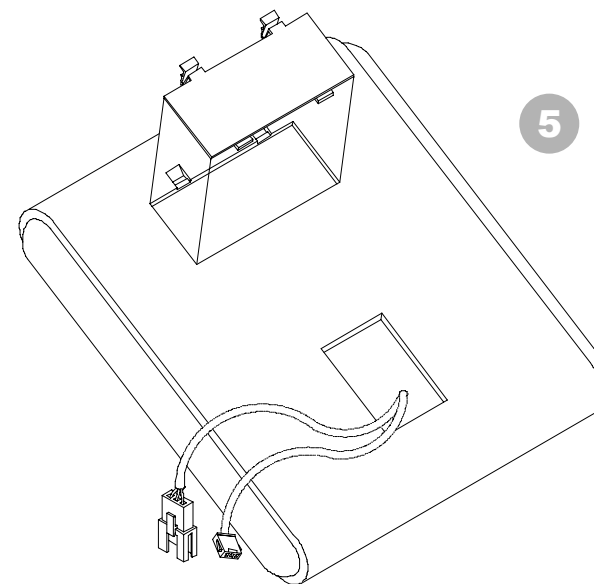


3. Attach pedals (30, 31). Axles of pedals are branded "L" and "R." The pedal marked "R" goes on the right hand side of the bike and the one marked "L" on the left hand side. **Tighten the left pedal by turning counter-clockwise and the right pedal by turning clockwise.**



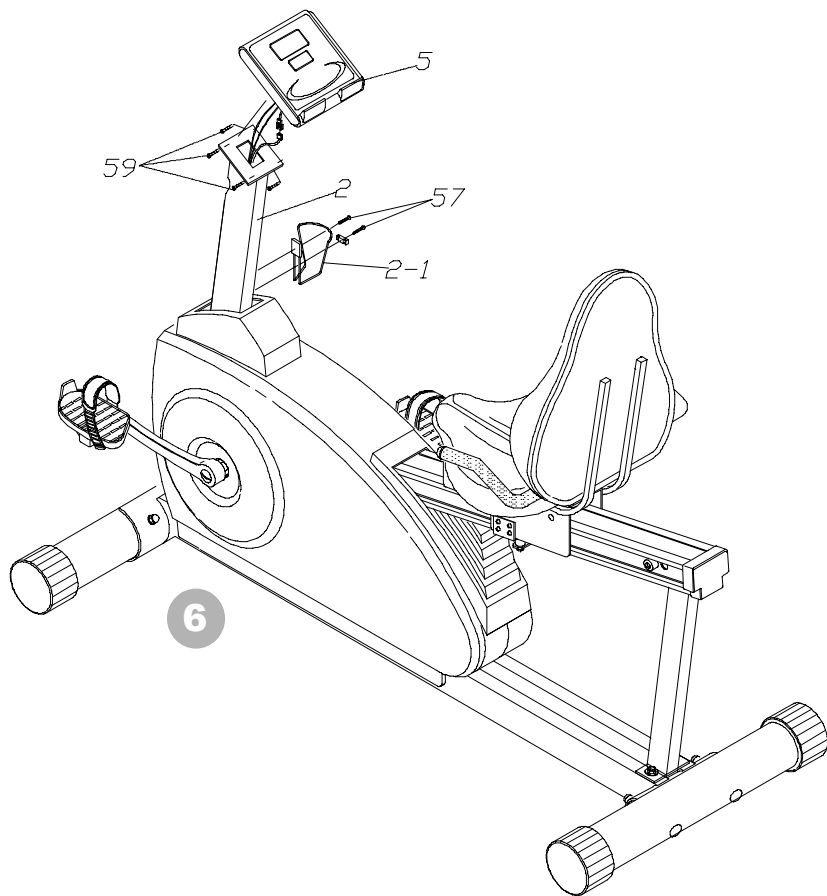
- 4.** Slide the console tube (2) through the console tube collar (14). Connect the computer cable in the console tube (2) to the computer cable in the main frame. Attach the console tube (2) to the frame (1) with the locknuts (49), flat washers (50) and screws (56) provided. Attach the console tube collar (14) to the main frame (1) with screws (57).

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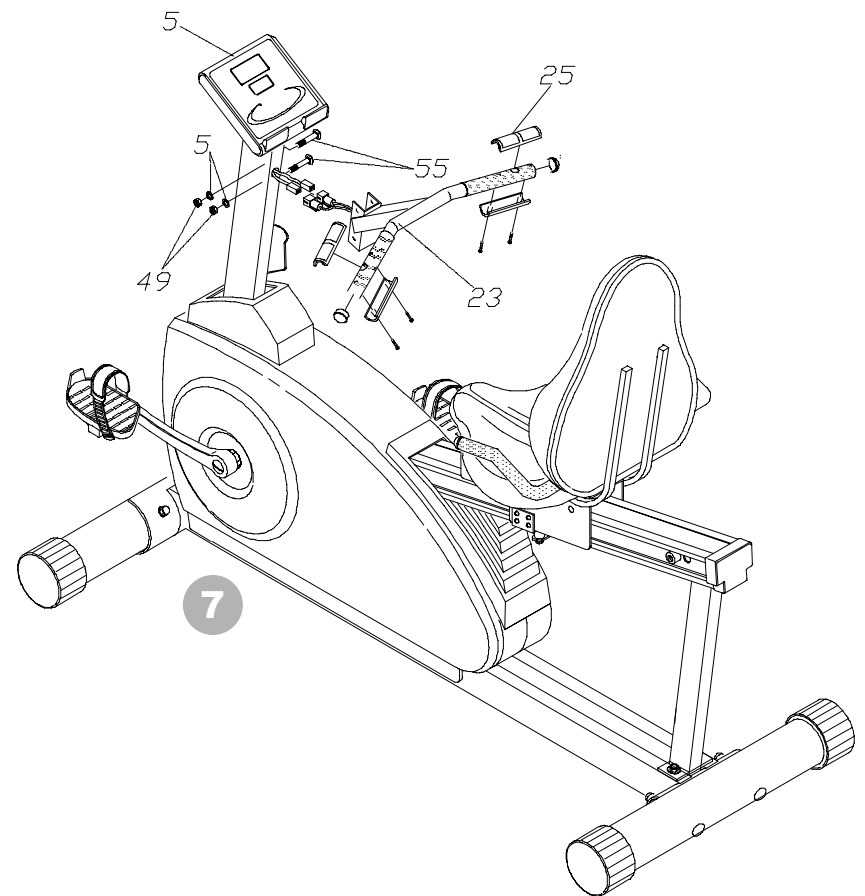


- 5.** Load your console with the batteries provided. Batteries are 4 "C" size.

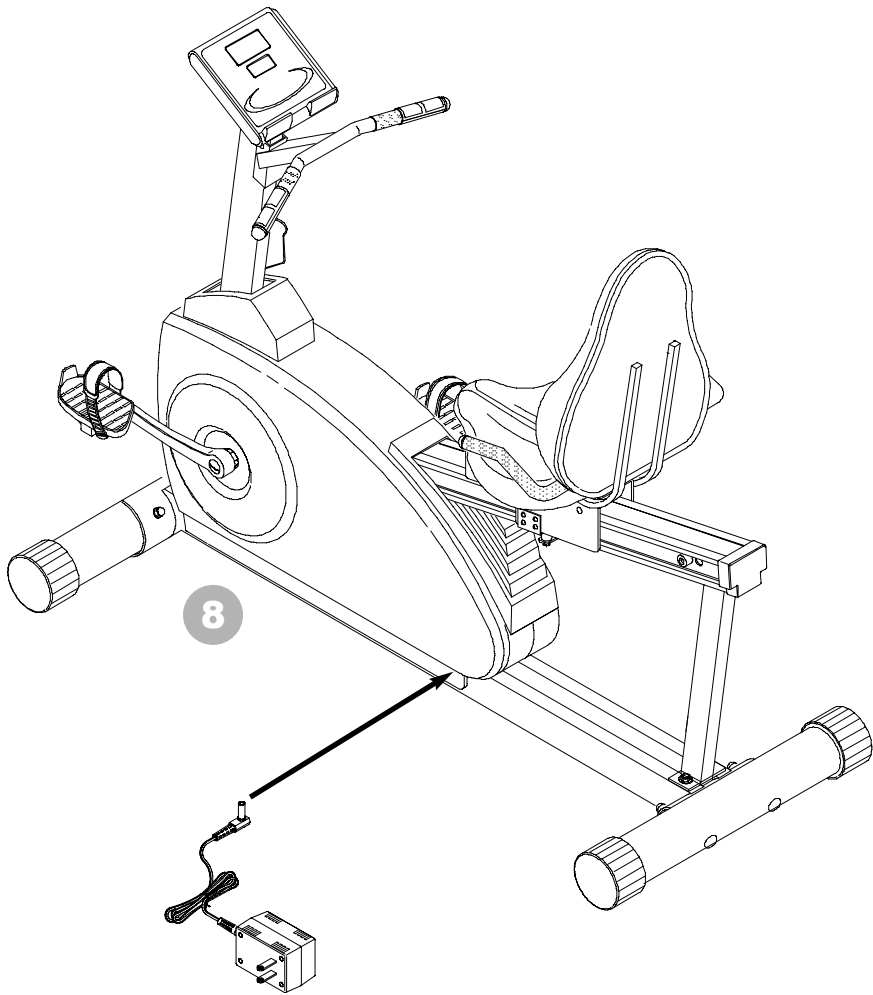
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- 6.** Connect the computer cable at the top of the console tube (2) to the console (5). Feed the pulse wires from the console (5) down into the console tube (2) and out the rear hole in the handlebar area. Attach the console tube (2) to the console (5) with the screws (59) already attached to back of the console (5). Attach bottle rack to console tube (2).



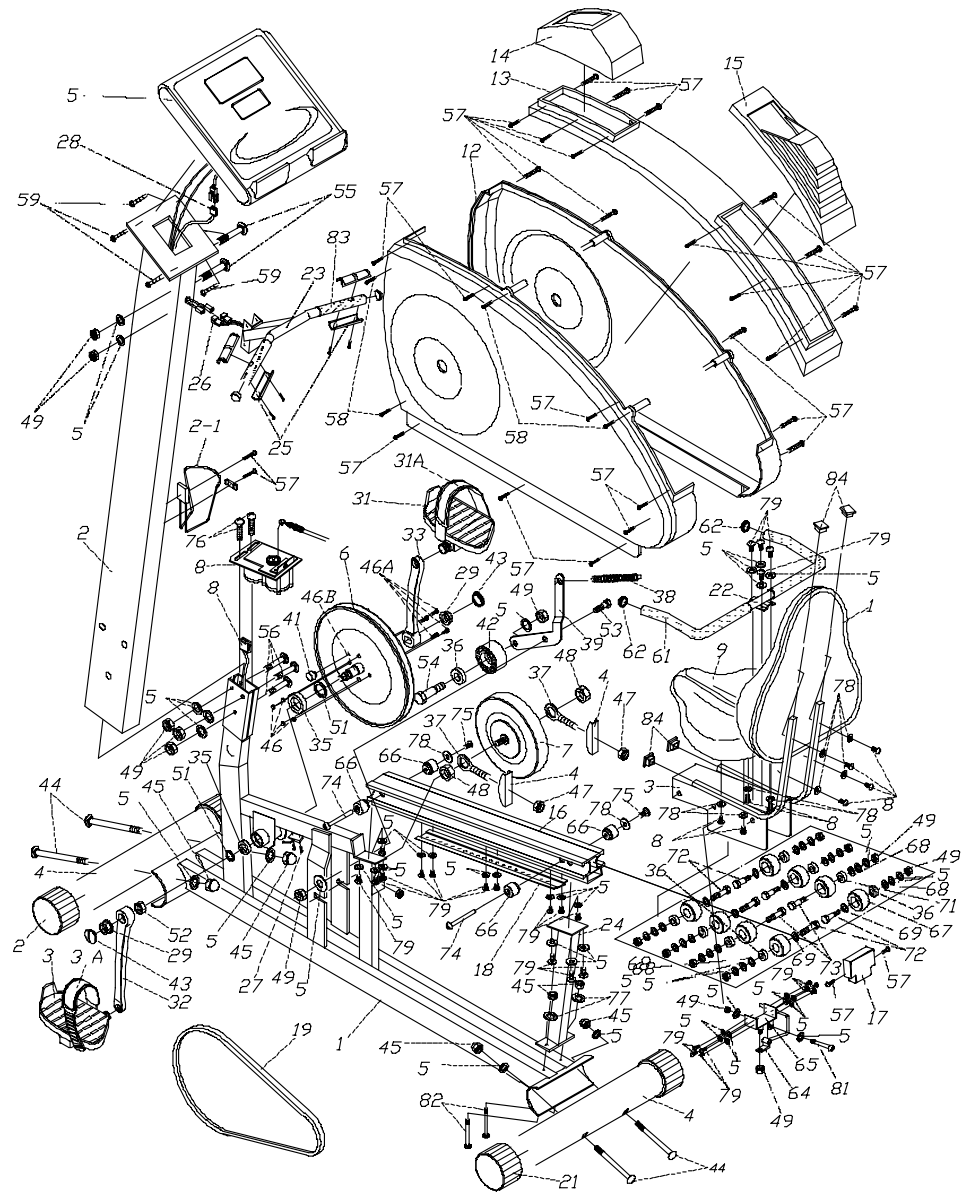
- 7.** Attach the pulse wires in the front handlebar (23) to the wires from the console (5). Connect the front handlebar (23) to the console tube (2) with the locknuts (49), flat washers (50) and screws (55) provided. **Make sure not to “pinch” any of the pulse wires when connecting the handlebar to the console tube.**



8. You have completed the assembly of your new IRONMAN bike.

NOTE: For your convenience, the 400R bike can be powered with the A/C adaptor or with the batteries supplied.

400R EXPLODED VIEW



400R PARTS LIST

400e Parts List Rev B

REF #	PART #	DESCRIPTION	QTY	REF #	PART #	DESCRIPTION	QTY
1	323-00200	RECUMBENT MAIN FRAME - 400R	1	43	306-00562	CRANK CENTRAL CAP	2
2	323-00164	CONSOLE TUBE	1	44	302-00766	M8X85MM CARRIAGE BOLT #44	4
2-1	302-00061	BOTTLE HOLDER	1	45	302-00365	M8 CAP NUT	4
3	319-00031	SEAT CARRIAGE BRACKET 440R	1	46	302-00366	M6 LOCKNUT	4
4	323-00014	FOOT TUBE #4	2	46A	302-00367	M6X15MM HEX BOLT	4
5	307-00067	CONSOLE 400R, 500EL	1	46B	319-00177	AXLE W/PLATE#46B	1
6	311-00050	CRANK PULLEY W/ PLATE 400R	1	47	302-00769	6MM HEX NUT#47	2
7	311-00001	MAG BRAKE U/R HT840	1	48	302-00787	M10 CAP NUT #48	2
8	307-00052	GEAR BOX HT840R	1	49	302-00733	M8 LOCKNUT #49	18
9	328-00041	SEAT CUSHION#9	1	50	302-00734	M8IDX18.8MM OD FLAT WASHER#50	38
10	328-00040	BACK SEAT CUSHION #10	1	51	302-00735	M20X32X2MM WASHER#51	2
11	305-00001	BOTTOM COVER RIGHT, 400R, AB920, GREY	1	52	302-00791	CRANK NUT #52	2
12	305-00002	BOTTOM COVER LEFT, 400R, AB920, GREY	1	53	302-00737	M8X17MM SCREW#53	1
13	305-00064	TOP COVER#13	1	54	302-00793	SCREW M8X38MM#54	1
14	305-00063	CONSOLE TUBE COLLAR	1	55	302-00794	SCREW M8X57MM#55	3
15	305-00032	CONNECTING COVER	1	56	302-00795	SCREW M8X60MM#56	3
16	319-00140	CARRIAGE TUBE #16	1	57	302-00796	SCREW TP4X12MM#57	28
17	306-00286	END CAP, OD31.4MM ROUND	1	58	302-00797	SCREW TP5X50MM#58	4
18	319-00141	ADJUSTING PLATE #18	2	59	302-00798	SCREW MSX10MM#59	4
19	304-00015	BELT, POLY V	1	60	302-00782	M6X45 MACHINE SCREW#60	4
20	319-00142	WHEEL #20	2	61	302-00800	REAR SLEEVE#61	2
21	306-00051	FOOT CAP	2	62	306-00579	REAR BALL PLUG#62	2
22	323-00061	REAR HANDLEBAR #22	1	63	306-00580	FRONT BALL PLUG#63	2
23	323-00018	FRONT HANDLEBAR #23	1	64	319-00030	CAM LOCK 400R	1
24	319-00143	SUPPORT TUBE #24	1	65	319-00031	SEAT CARRIAGE BRACKET 440R	1
25	313-00035	HAND PULSE #25	2	66	306-00581	RUBBER STOPPER#66	4
26	313-00105	PULSE WIRES 400R	2	67	306-00247	SMALL ROLLER	6
27	313-00106	GEAR BOX WIRE 400R	1	68	302-00801	M8 WAVED WASHER#68	6
28	313-00018	EXTENSION WIRE #28	1	69	302-00802	M13 WAVED WASHER#69	4
29	302-00348	9MM NUT	2	70	302-00803	8X13MM BUSHING#70	4
30	306-00360	LEFT PEDAL 400R	1	71	302-00804	RETAINING RING#71	2
30A	306-00361	LEFT PEDAL STRAP 400R	1	72	302-00805	8X34MM SCREW#72	4
31	306-00362	RIGHT PEDAL 400R	1	73	302-00806	BIASED 8X34MM SCREW#73	2
31A	306-00363	RIGHT PEDAL STRAP 400R	1	74	302-00807	11X58MM SCREW#74	2
32	319-00061	LEFT CRANK	1	75	302-00808	M6X15MM SCREW#75	2
33	319-00062	RIGHT CRANK	1	76	302-00809	6X13MM WASHER#76	2
34	313-00108	SPEED SENSOR W/ WIRE	1	77	302-00810	8X169MM WASHER#77	2
35	331-00001	6004RZ PRECISE	2	78	302-00811	6X16MM WASHER#78	8
36	331-00002	608 PRECISE BEARING	8	79	302-00812	M8X15MM SCREW #79	12
37	302-00764	EYEBOLT #37	2	80	302-00813	ROUND HEAD M6X60MM SCREW#80	8
38	302-00765	SPRING#38	1	81	302-00814	M8X45 MACHINE SCREW#81	1
39	319-00028	BELT TENSION BRACKET 400R	1	82	302-00815	M8X70MM SCREW #82	2
40	302-00362	ADJUSTMENT CHANNEL	2	83	310-00136	FRONT SLEEVE 400R	2
41	319-00037	MAGNET	1	84	306-00365	SQUARE CAP 400R	4
42	319-00029	IDLER PULLEY WHEEL 400R	1	85	302-00942	TP4.5X10MM SCREW	2

400R Display



400R EXERCISE MONITOR

INTRODUCTION

Your bike is equipped with a programmable computer to help you track your progress and motivate you to reach your fitness goals. This computer provides different programs designed to fit your fitness goals. Simply choose the program you like, set the time limit and begin exercising.

FUNCTIONS AND OPERATIONS

TIME - Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00-99:59 in one second intervals. You may also program your computer to count down from a set value by using the "+" and "-" buttons. The computer will stop tracking time after four seconds of inactivity and will continue once you resume exercising.

SPEED - Displays your workout speed in M/KM per hour.

DISTANCE - Displays the cumulative distance traveled during each workout up to a maximum of 99.9 M/KM. The distance will be displayed in hundredths of a M/KM until you reach 10 M/KM. Then the distance will be displayed in tenths of a M/KM.

CALORIES - Your computer will estimate the cumulative calories burned at any given time during your workout. Calorie expenditure on your computer is based on realistic expectation. However, your computer is not individually programmable for all necessary variables to accurately monitor your actual calories burned.

AGE - Your computer is aged programmable from 16 - 99 years when you choose program 11 or 12. The default age is 25 years old.

PULSE - Your computer displays your pulse rate in beats per minute during your workout. You must grip the EKG grips for several seconds in order for the computer to calculate this figure. After your workout, the computer will display your average heart rate covering your entire exercise session.

KEY GUIDE

MODE - Push to select the functions of time, speed, distance, calories, age, target heart rate and pulse.

ENTER - Push to set the chosen mode for exercising. (During the STOP mode, press the ENTER button to enter the TIME or AGE setting.)

START/STOP - Push to start or stop the computer. (By holding this button for 2 seconds the user can reset all values to 0.) The monitor will turn off automatically after approximately 4.5 minutes of non-use. All values will then be reset to 0.

PLUS - Push to increase the values of the load level, time and age.

MINUS - Push to decrease the values of the load level, time and age.

OPERATION

PROGRAMS 1 - 10

STEP 1 - Press START/STOP key for 2 seconds to clear out all previous data.

STEP 2 - Press the + or - button to choose the desired program (1 - 10). The program will be displayed on the LCD window. Then press ENTER.

STEP 3 - Press the + or - button to choose the desired time. Then press ENTER.

STEP 4 - Press the START button to begin exercising.

Once you begin exercising, your present workout interval will be flashing. You can also increase or decrease your workout resistance by pressing the "+" or "-" buttons. To pause your exercising program, press the STOP button. To resume, press the START button.

PROGRAMS 11 and 12

These unique programs allow the monitor to adjust the workout resistance according to your heart rate automatically. Grasp the EKG pulse grips and hold onto them. If the current heart rate is greater than the Target Heart Rate, then the computer will decrease the workout resistance automatically. If the current heart rate is less than your Target Heart Rate, then the computer will increase the workout resistance.

Program 11 = 60% of your maximum heart rate which is = $(220 - \text{your age}) \times 60\%$.

Program 12 = 85% of your maximum heart rate which is = $(220 - \text{your age}) \times 85\%$.

STEP 1 - Press START/STOP key for 2 seconds to clear out all previous data.

STEP 2 - Press the + or - button to choose the desired program (11 or 12). Then press ENTER.

STEP 3 - Press the + or - button to choose the desired time. Then press ENTER.

STEP 4 - Press the + or - button to choose the desired age. Then press ENTER.

STEP 5 - Press the START button to begin exercising.

LCD DISPLAY DESCRIPTION AND FUNCTION

TIME - Press the MODE button until the arrow points to the TIME function. If the TIME is not set, it will count up in one second intervals up to 99:59. If the TIME is set, then once your workout time is completed, the computer will beep for 12 seconds. To stop the beeping, press any key.

SPEED - Press the MODE button until the arrow points to SPEED. This will display your current speed. The display value will be updated every 2-3 seconds.

DISTANCE - Press the MODE button until the arrow points to the DISTANCE function. The computer will count in 0.1 KM or Miles. Once the display value reaches 999, it will reset to "0" and begin counting up from 0.1.

CALORIE - Press the MODE key until the arrow points to the CALORIE function. The computer will count up in 0.1 increments. After the display value reaches 999, it will reset to "0" and begin counting up from 0.1.

PULSE - Press the MODE button until the arrow points to the PULSE function. This will display your current heartbeat at a rate in beats per minute. You must hold onto the EKG grips to utilize this function. The PULSE rate will be displayed after 4 stable pulse signals have been detected. Each pulse signal will be accompanied by a symbol flash.

LCD Contrast Calibration

The contrast of the screen can be adjusted by the following steps. During the STOP mode press and hold the ENTER and "+" buttons together for over 2 seconds. This will open the LCD contrast calibration mode. Then press the "+" or "-" buttons to adjust the contrast of the screen. Press START/STOP button to set the desired level of contrast. There are 16 levels of contrast.

Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See ***Fitness Safety*** on page 19.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%.

According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

220 - age = maximum heart rate (MHR).

MHR x .60 = 60% of your maximum heart rate.

MHR x .75 = 75% of your maximum heart rate.

For example, if you are 30 years old, your calculations will be as follows:

220 - 30 = 190

190 x .60 = 114 (low end or 60% of MHR)

190 x .75 = 142 (high end or 75% of MHR)

30 year-old (THR) Target Heart Rate would be 114-142

See Table on page 20 for additional calculations.

IRONMAN FITNESS LIMITED WARRANTY

PRODUCT: IRONMAN 400R RECUMBENT BIKE
HOME USE WARRANTY: Frame: Lifetime, Parts: 1 Year, Labor: None

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Ironman Fitness ("IRONMAN") under the IRONMAN brand name. The warranty period to the original purchaser is listed above in the table.

IRONMAN warrants that the Product you have purchased for use from IRONMAN or from an authorized IRONMAN reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Ironman Fitness customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through an Ironman Fitness authorized dealer unless otherwise authorized by Ironman Fitness in writing.

During the warranty period IRONMAN will repair or replace (at IRONMAN's option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, IRONMAN may replace defective parts, or at the option of IRONMAN, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of IRONMAN. IRONMAN reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact an IRONMAN authorized retailer, service technician or Ironman Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to IRONMAN to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present IRONMAN with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from IRONMAN or from an authorized IRONMAN reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by IRONMAN; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than IRONMAN, or an authorized IRONMAN warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon IRONMAN's receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, IRONMAN MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IRONMAN EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER IRONMAN NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to IRONMAN-branded products. IRONMAN neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH IRONMAN FITNESS.

MAIL WARRANTY CARD TO:
 IRONMAN FITNESS, PO BOX 551239, DALLAS, TX 75355

TARGET HEART RATE ZONE

